

Passes and Prices

<u>Passes</u>	<u>1 month</u>	<u>6 month</u>	<u>1 year</u>
Youth (12 and under)	\$35.00	\$115.00	\$180.00
Adult Individual	\$40.00	\$145.00	\$195.00
Family of 2	\$50.00	\$155.00	\$265.00
Family of 3	\$60.00	\$165.00	\$285.00
Family of 4	\$70.00	\$175.00	\$305.00
Family of 5+	\$80.00	\$185.00	\$325.00
Senior (60+)	\$35.00	\$115.00	\$150.00
Senior Couple	\$50.00	\$150.00	\$230.00
Non-Walking Infants	Free	Free	Free

** Passes are valid at all indoor City of Knoxville Pools.
Adaptive Recreation Center Pool & Elmer Brine Pool at SKCC*

Daily Fees

\$3.00 per person
Non-walking infants FREE

Splash Pass

10 visits—\$25 (\$2.50 per visit)
20 visits—\$45 (\$2.25 per visit)

Pool Party !!

- Due to Covid-19 pandemic Elmer Brine Pool is currently not taking party rentals until further notice.
- For further questions call 865-579-3122



Elmer Brine Pool at SKCC Fall/Winter 2020

Effective
Sept. 15th

Hours of Operation

Monday 6:00 am to 2:45 pm
Tuesday 7:30 am to 2:45 pm
 5:00 pm to 7:45 pm
Wednesday 6:00 am to 2:45 pm
Thursday 7:30 am to 2:45 pm
 5:00 pm to 7:45 pm
Friday 6:00 am to 2:45 pm
Saturday 8:00 am to 11:45 am noon

522 Maryville Pike Knoxville TN 37920 Phone: 865-579-3122

Evening
Hours

TUESDAY & THURSDAY EVENINGS
PILATES CLASS 5pm—6:30pm
OPEN SWIM 6:30pm—7:45pm

Fall/Winter

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Opens @ 6:00am	Opens @ 7:30am	Opens @ 6:00am	Opens @ 7:30am	Opens @ 6:00am
7:00AM	Lap/Open Swim 6am-8am	Lap/Open Swim 7:30am-8am	Lap/Open Swim 6am-8am	Lap/Open Swim 7:30am-8am	Lap/Open Swim 6am-8am
8:00AM	Aqua Sprint 8:15-8:45am	Aqua Sprint 8:15-8:45am	Aqua Sprint 8:15-8:45am	Aqua Sprint 8:15-8:45am	Aqua Sprint 8:15-8:45am
9:00AM	Gentle Joints 9-9:45am	Core Water Workout 9am-10am	Gentle Joints 9-9:45am	Core Water Workout 9am-10am	Gentle Joints 9-9:45am
11:00AM	Lap/Open Swim 10am-3pm	Lap/Open Swim 10am-3pm	Lap/Open Swim 10am-3pm	Lap/Open Swim 10am-3pm	Lap/Open Swim 10am-3pm
12:00PM					
1:00 PM					
2:00 PM	Pool Closes at 3PM Monday-Friday				

Please call 865-579-3122 for any information on any classes at the Elmer Brine Pool at South Knoxville Community Center!

Class Descriptions

Intensity Level: 1-High 2-Multi-level 3-Gentle

Lap Swim: Open lane swimming for cardio and muscular workout. (up to 2 lanes open)

Aqua Sprint: A great cardiovascular work out for all. This class incorporates warm-up walk, water running (a low impact, aerobic, running workout that tones the muscles of the arms, chest, shoulders, legs and back), then cool down with light stretching at the end. The class is designed to eliminate the risk associated with repetitive impact during outdoor, or dry land, runs. (1) (45 min)

Gentle Joints: A water exercise class designed for people with arthritis and related conditions (fibromyalgia, etc). This strength and stretching class is designed for exercising with out putting excess strain on joints and muscles, using slow and controlled range of motion exercises. (3) (45 min)

Core Water Workout: This hour offers an intense cardiovascular workout for all. Half in shallow water and half in deep water, the class incorporates low-impact moves that strengthen and tone muscles of the arms, torso, shoulders, legs, and back with stretching at the end. Designed to eliminate the wear and tear of risks associated with repetitive impact during outdoor or dry land exercises and runs, we use foam dumbbells for resistance and flotation in deep water. Float belts are available. (3)(60 min)

CLASSES TAKE PRECEDENCE OVER FREE SWIM

- In addition to Silver Sneakers, we are now accepting Silver and Fit. Ask pool staff for details or call Silver and Fit's customer service at 1-877-427-4788
- Silver Sneakers' customer service number is 888-423-4632.